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| LEARNING OBJECTIVES:   * Identify effects of alcohol * Identify risks of alcohol use * Identify signs of alcohol abuse * Identify elements of the Navy’s policy on alcohol use   REFERENCES:   * **Centers for Disease Control (CDC) and Prevention** – Effects of Blood Alcohol Concentration (BAC). [www.cdc.gov](http://www.cdc.gov). * **HelpGuide** - Alcoholism and Alcohol Abuse: Signs, Symptoms, and Help for Drinking Problems. [www.helpguide.org](http://www.helpguide.org). * **Mayo Clinic** - www.mayoclinic.org. * **National Alcohol and Substance Abuse Information Center**. 1-800-784-6776. * **National Institutes of Health (NIA) - National Institute on Alcohol Abuse and Alcoholism (NIAAA)**. [www.niaaa.nih.gov](http://www.niaaa.nih.gov). * **National Institutes of Health (NIA) - National Institute on Drug Abuse (NIDA). National Institutes of Health**. [www.drugabuse.gov](http://www.drugabuse.gov). * **Navy Drug and Alcohol Abuse Prevention (NADAP) Program** – [www.npc.navy.mil](http://www.npc.navy.mil). * **OPNAVINST 1700.16 Series** – Alcoholic Beverage Control | * **OPNAVINST 5350.4 Series** – Navy Alcohol and Drug Abuse Prevention and Control   MATERIALS & EQUIPMENT CHECKLIST:   * Facilitator Guide (FG) * Flash Presentation * Computer * Projector * Computer Speakers   Note:Flash Player 8.0 is required to run the presentation file. If your computer does not have Flash Player 8.0 or later version installed, you will be prompted to download the latest player from [www.adobe.com](http://www.adobe.com). To launch the presentation, *double-click* on the Server2Go servertoGO.jpgfile.Click the image and the presentation should automatically load/begin. To exit the presentation, use the Ctrl+w keys on your keyboard. |
| NOTE TO THE FACILITATOR:  This lesson was designed so the Flash presentation does most of the work for you. The presentation provides comprehensive information using pictures, text, and audio.  As the facilitator, your job will be to:   * Read this Facilitator Guide (FG) thoroughly before class. * Ensure the classroom and equipment are ready so training can begin promptly. * Encourage active participation from audience. * Conduct the review question session(s).   + Within the lesson, question slides relative to content previously covered will appear. Read the entire question slide aloud or call on an audience member to read it. Ask the audience to select the correct answer(s). The correct answers are shown in the FG and also presented on the answer slide that follows each question. * Conduct the RELATED FACILITATOR ACTIVITY when alerted by this symbol: arrow uplittle * Manage discussion time wisely.   You are encouraged to stop whenever you see an opportunity for discussion. For example, let’s say you are facilitating a topic called “How to Get a Close Shave.” As the Flash presentation runs, a slide appears that says to use hot water to soften the whiskers. At this point, you might choose to pause the slide show and share a “sea story” about a guy who used cold water that resulted in ingrown hairs and infection. Likewise, you should encourage the audience to share their appropriate experiences. | FACILITATOR PRE-TRAINING CHECKLIST:   * Ensure the Flash **folder** is downloaded to the computer hard drive. Right-click on the .swf or .exe file, and *Open with* Internet Explorer. * Ensure classroom is comfortable (temperature, lighting, seating, etc.). * Ensure equipment is ready to go (turned on, logged in, Flash title page is up, etc.). * Ensure Flash is visible from various areas of the room (back, near window, etc.).   + If necessary, adjust room lighting, blinds, etc., so Flash is visible. * Read the script provided in this Facilitator Guide (FG) *before* class begins and practice the delivery. |

| DISCUSSION POINT | | RELATED FACILITATOR ACTIVITY |
| --- | --- | --- |
| SLIDE 1 | TITLE |  |
|  | Alcohol Abused |  |
| SLIDE 2 | OBJECTIVES |  |
|  | After completing this lesson, you should be able to:   * Identify effects of alcohol * Identify risks of alcohol use * Identify signs of alcohol abuse * Identify elements of the Navy’s policy on alcohol use |  |
| SLIDE 3 | INTRODUCTION |  |
| SLIDE 3, CONT. | The Navy expects those who choose to consume alcohol to do so legally and responsibly.  *— OPNAVINST 5350.4 Series*  It is when “*use*” turns to “*abuse,*” that it becomes a problem.  Alcohol *abuse* is a detriment to the well-being of our Sailors and those affected by the abuse.  *— OPNAVINST 5350.4 Series*  Therefore, alcohol abuse is detrimental to operational readiness and is inconsistent with Navy Core Values and initiatives to promote personal excellence and healthy lifestyles among Sailors.  *— OPNAVINST 5350.4 Series*  It is the Navy's goal to be free of the effects of alcohol abuse.  *— OPNAVINST 5350.4 Series* | **Automatically plays** –go to slide 4 when music stops playing**.** |
| SLIDE 4 | THE INCIDENT |  |
| **SLIDE 4, CONT**. | This is the true story of one of our own.  arrow up  **arrow up**  **VO:** Around 9 o’clock in the evening of 29 October 2005, I was arrested for Driving Under the Influence of alcohol. | **EXPLAIN:** This presentation is the true story of one of our own. Listen to his account of events. Try to grasp the dilemma he got himself into, and identify the consequences he experienced. No matter your paygrade, the effect is the same.  At the time of the incident, our Sailor was a Lieutenant in his mid-forties, stationed in San Diego. He had been on active duty for 27 years, including 16 years enlisted.  **CLICK** the “play” button on screen to play the audio.  **ADDITIONAL INFORMATION:**  Depending on the state or organization, you may hear the following terms and their acronyms used interchangeably:   * Driving Under the Influence (DUI) * Driving While Intoxicated (DWI) |
| SLIde 5 | the arrest |  |
| **SLIDE 5, CONT.** | **VO:** I’d just left a social gathering where alcohol was served. While driving home, I was stopped by the San Diego Sheriff's department because I’d crossed over the white lines that separated the lanes. I was given a field sobriety test and failed, immediately arrested at the scene and then transported to the San Diego County jail.  arrow up | **Automatically plays**  **EXPLAIN:**  A field sobriety test usually consists of simple physical or cognitive exercises to demonstrate sobriety. This type of test only measures reflexes and abilities only, not Blood Alcohol Content (BAC). The most important evidence in a DUI charge is the BAC (blood alcohol content) results from either a breath or blood test. |
| SLIDE 6 | BAC & ITS effects |  |
| SLIDE 6, CONT. | arrow up | **EXPLAIN:**  Blood Alcohol Content (BAC) is the percentage of alcohol that is in a person’s system.  When you hear the term “legal limit” for driving after drinking alcohol, that legal-limit number is the BAC of the person. All states in the US have adopted .08 as the legal limit for intoxication.  **ACTIVITY:**  This slide contains a Blood Alcohol Calculator. Use this calculator as an opportunity to engage the trainees. Have trainees populate the Blood Alcohol Calculator with different information. Try a variety of options.  Based on the Estimated BAC, click on the % BAC on the right side of the slide to learn about alcohol’s effects at that BAC level. |
| SLIde 7 | effects of alcohol |  |
| **SLIDE 7, CONT.** | Alcohol—*even in low doses*—impairs coordination and judgment.  **Q1:** What are some signs that the Sailor’s coordination was impaired?  arrow up  **Q2:** What are some other signs of impaired coordination?  arrow up  **Q3:** What action shows the Sailor’s impaired judgment?  arrow up | **KEY:**  **A1:**   * Crossed over lanes while driving * Failed field sobriety test   **A2:**  Hint: Consider things an officer might observe during a field sobriety test.   * Blurred vision * Difficulty walking * Poor balance * Slowed reaction time * Slurred speech   **A3:**   * Answers may vary, but the ultimate decision of impaired judgment was the Sailor’s decision to drive   **OPTIONAL INFORMATION:**  Other examples of impaired judgment are impaired memory and loss of inhibitions.  *(NIAAA, Alcohol Alert, Number 63, October 2004)*  Long-term and/or heavy drinking may result in extensive, permanent, and debilitating conditions that require lifetime custodial care.  *(NIAAA, Alcohol Alert, Number 63, October 2004)* |
| slide 8 | more about . . . |  |
| **SLIDE 8, CONT.** | **VO:** Now I didn’t consume alcohol on a consistent basis. As a matter of fact, I only drank alcohol occasionally at home or at a social get-together.  I’m an avid long-distance runner and very proud to have completed three marathons—the Rock and Roll here in San Diego twice, and the Marine Corps Marathon in Washington D.C.  I have two almost-grown children, and I have very strong religious and moral beliefs. | **Automatically plays** |
| slide 9 | drinking risks |  |
| **SLIDE 9, CONT.** | arrow up  **TAB:** Alcoholism Defined   * ***Alcohol Dependence (also known as “alcoholism”):*** *Psychological and/or physiological dependence on the drug alcohol as indicated by evidence of tolerance or symptoms of withdrawal as characterized by the development of withdrawal symptoms 12 hours or so after ingestion. People are said to be dependent on alcohol when abstinence from use impairs their performance or behavior. Alcohol dependence is a clinical diagnosis based on specific diagnostic criteria delineated in [the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM IV)], and must be determined by a medical officer or [licensed independent practitioner (LIP)]. Untreated, alcohol dependence may lead to death.*   *— OPNAVINST 5350.4 Series*  **TAB:** Drink Defined   * ***Drink:*** *A drink of alcohol is 1.5 ounces of liquor, 5 ounces of wine, or 12 ounces of beer.*   *— OPNAVINST 5350.4 Series*  **TAB:** Heavy Drinker Defined   * ***Heavy Drinker.*** *A heavy drinker is one who drinks five or more drinks per typical drinking occasion at least once a week.*   *— OPNAVINST 5350.4 Series*  arrow up | **EXPLAIN:**  Consuming alcohol can lead to chronic abuse. Let’s explore some definitions to learn more.  **MOUSE OVER** the tabs on-screen for definitions.  **ASK:**  Reflect on your own drinking habits. Answer this question in your head (*not aloud*): Based on these definitions, do you have a drinking problem? |
| SLIDE 10 | IN JAIL |  |
| **SLIDE 10, CONT.** | **VO:** And don't believe what you see on TV where the high-priced lawyer comes and gets you out of jail, 15 minutes later. It will not happen. You will be in jail for a minimum of 8-to-10 hours.  You will be searched, fingerprinted, photographed, and then placed in a 20x20 cell, standing room only. Oh yeah, the only furnishing in the cell is a toilet in the corner to share with 40 of your best friends that you never want to see again.  Ten hours later after the processing was complete, I was released. I walked out of the jail on the streets of San Diego at about 0800. |  |
| SLIDE 11 | INSURANCE & dmv |  |
| **SLIDE 11, CONT.** | **VO:** I had to attend a 3-month First Conviction Program at San Diego State University: twelve, one-hour classes each week for 12 weeks, and six two-hour lectures for 6 weeks.  I attended a mandatory Mothers Against Drunk Driving lecture in which three moms told the story of the loss of their children to drunk drivers—a very emotional and guilt-ridden experience for me.  I had to complete 10 days of community service, picking up trash and cleaning parks for the city.  I had to hire an attorney to represent me and contact my insurance company.  I went to court and received a substantial fine—$1,950 for the fine and court costs. Add to those costs $1,700 for the attorney, and another $445 for the First Conviction Program, as well as $25 dollars to MADD. The combined costs totaled $4,120. | **Automatically plays** |
| SLIDE 12 | Insurance & dmv |  |
|  | **VO:** None of those figures address the insurance problems I had to face. The company cancelled my policy, forcing me to obtain insurance from a much less-reputable carrier, at a much higher price. Over the years, these higher premiums are going to cost me many thousands of dollars.  There also was the matter of dealing with DMV and learning the hard way that driving is a privilege, not a right. I lost my driver's license for 30 days and had a restricted license for five more months—all before I ever went to court. The DMV will revoke and suspend your license without a conviction; just being cited is justification. And, then you have to pay to get it back, $195, to be exact. | **Automatically plays** |
| slide 13 | NAVY Career curtailed |  |
| **SLIDE 13, CONT.** | **VO:** I’d been selected for promotion to lieutenant commander, effective early 2006. But, the Navy withdrew that promotion and removed my name from the promotion listing. Instead, I was processed for administrative separation and involuntarily retired.  If I hadn't been arrested, I would have continued on active duty for four more years and reached a 30-year retirement. Now, if I live only 20 more years, which is very reasonable, having to retire on a lieutenant's pay at 26 years, instead of lieutenant commander's pay at 30 years, will end up costing me about $600,000 dollars over those 20 years.  arrow up  How a DUI conviction can impact you!   * Anger and Resentment * Branded a Criminal * Depression * Devastating Financial Impact * Lack of Jobs * Marriage Consequences * Social Stigma | **Automatically plays**  **CLICK** the button on screen to see how a DUI conviction can impact you. |
| slide 14 | **NAVY POLICY** |  |
|  | Responsible Use: Placing self-imposed limitations of time, place, and quantity when drinking alcohol.  *— OPNAVINST 5350.4 Series*  Alcohol consumption is never an acceptable excuse for misconduct or poor judgment.  *— OPNAVINST 5350.4 Series*  arrow up | **EXPLAIN:**  Navy policy states that alcohol consumption is a personal decision. Those who choose not to consume alcoholic beverages shall be supported in their decision and encouraged to remain alcohol-free. Those who choose to consume alcoholic beverages must do so lawfully and responsibly.  *— OPNAVINST 5350.4 Series* |
| SLIDE 15 | **NAVY EXPECTATIONS** |  |
| **SLIDE 15, CONT.** | Specifically, Sailors are expected to avoid consuming alcohol to the extent that it:   * Discredits the Sailor or the Navy * Impairs rational and full exercise of mental and physical faculties while on duty or in the performance of military duties * Reduces dependability and reliability * Violates OPNAVINST 5350.4 Series or UCMJ   *— OPNAVINST 5350.4 Series*  Each Sailor is:   * 100% responsible and accountable for self * Responsible to care for shipmates   *— OPNAVINST 5350.4 Series*  arrow up | **ASK:**  Considering the Navy’s policy, including expectations, how did this Sailor violate the policy?  Reflect on your drinking habits and consider the following question. Do not answer aloud: Have you upheld the Navy’s policy 100%?  Now consider the potential consequences of your behavior—not only for yourself—but also for your loved ones as well as others you may have put at risk. Can you adjust your behavior to adhere to Navy policy on your own, or do you need help? |
| slide 16 | **OVERALL IMPACT** |  |
|  | **VO:** I made a point of the monetary loss, but it pales in comparison to the shame, emotional pain, grief, and guilt I feel around my family, my friends, and my co-workers. The stigma from a DUI can ruin your life as you know it. Practically every facet of my life has been adversely affected. I'm just grateful I didn't kill somebody that night.  I’ve detailed just the highlights, if you can call them that, of my experience. My hope for those of you listening to my account is that you will not drink and drive. If owning up to a poor and regretful decision keeps just one of you from drinking and driving, and especially, if it saves one life, then sharing my story of this avoidable situation was worth it. | **Automatically plays** |
| SLIDE 17 | **CONSEQUENCES OF ALCOHOL ABUSE** |  |
| **SLIDE 17, CONT.**  **SLIDE 17, CONT.** | You have just heard how one episode of alcohol abuse can impact one life in many ways.  Explore some other consequences of drinking.  arrow up  Alcohol-Use Disorders:  Generally known as alcoholism and alcohol abuse, alcohol-use disorders are medical conditions that doctors can diagnose when a patient’s drinking causes distress or harm.  *— NIAAA, Rethinking Drinking*  Birth Defects:  Drinking during pregnancy can cause brain damage and other serious problems to the baby. Women who are pregnant or may become pregnant should not drink.  *— NIAAA, Rethinking Drinking*  Health Problems:  Heavy drinking may have extensive and far-reaching effects on the brain, ranging from simple “slips” in memory to permanent and debilitating conditions that require lifetime custodial care.  *- NIAAA, Alcohol Alert, Number 63, October 2004*  Heavy drinkers have a greater risk of:   * Cancer * Depression * Heart disease * Liver disease * Problems managing diabetes, high blood pressure, and other conditions * Sexually transmitted infections * Sleep disorders * Stomach bleeding * Stroke   Injuries:  Drinking too much increases your chances of being injured or even killed.  Alcohol is a factor in about:   * 60% of fatal burn injuries, drowning, and homicides * 50% of severe trauma injuries and sexual assaults * 40% of fatal motor vehicle crashes, suicides, and fatal falls.   *— NIAAA, Rethinking Drinking* | **CLICK** buttons on-screen in any order for explanations. |
| SLIDE 18 | **SIGNS OF A PROBLEM** |  |
| **SLIDE 18, CONT.** | arrow up  Do you find that you . . .   * Can’t limit the amount of alcohol you drink * Have a tolerance to alcohol—that you must increase the amount to feel effects * Drink alone or in secret * Experience physical withdrawal symptoms when you don’t drink, such as nausea, sweating, and shaking * Feel a strong need or compulsion to drink * Gulp drinks, order doubles, become intoxicated to feel good, or drink to feel “normal” * Have legal, relationship, employment, or financial problems due to drinking * Are irritable when usual drinking time nears, especially if alcohol is not available * Keep alcohol in unlikely places * Have lost interest in activities and hobbies that used to be pleasurable * Make a ritual of having drinks at certain times and become annoyed when this ritual is disturbed or questioned * Don’t remember conversations or commitments (aka “blacking out”)   If you have any of these signs, you may need to get help. | **EXPLAIN:**  People who abuse alcohol may have many of the same signs and symptoms as people who have full-blown alcoholism. However, if you abuse alcohol but aren't completely addicted to it, you may not feel as much of a compulsion to drink. You may not have physical withdrawal symptoms when you don't drink. But alcohol abuse can still cause serious problems. As with alcoholism, you may not be able to quit drinking without help.  *— Mayo Clinic, Symptoms*  **CLICK** the “play” button on screen to play the audio. |
| SLIDE 19 | **WHERE TO GET HELP** |  |
|  | arrow up  A Sailor who desires counseling or treatment for alcohol problems can initiate a self-referral to a qualified referral representative:   * Chaplain * CO, OIC, XO, or CMC * DAPA * DOD medical personnel * Fleet & Family Support Center Counselor * Navy Drug and Alcohol Counselor   *— OPNAVINST 5350.4 Series*  arrow up | **EXPLAIN:**  The Navy recognizes that alcohol abuse and alcohol dependence are preventable and treatable.  *— OPNAVINST 5350.4 Series*  The primary function of treatment programs is to return the abuser to full duty status with a positive, productive, and healthy lifestyle.  *— OPNAVINST 5350.4 Series*    **PROVIDE** names and contact information for your command’s qualified referral representatives, such as your DAPA, ADCO, etc. |
| SLIDE 20 | **THE MESSAGE** |  |
|  | **VO:** What happened to me can happen to anybody if you’re an alcohol user.  I’m not telling anyone not to use alcohol. I am saying however, do not ever consume alcohol of any amount and operate a motor vehicle. Take a taxi, or call a friend to get you home. Just make your mind up not to drive.  arrow up | **Automatically plays**  **EXPLAIN:**  Help is all around you! If you need help, get help. Or, if you know someone whose drinking concerns you, help them get help. |
| SLIDE 21 | **CONCLUSION** |  |
|  | Congratulations, you have finished the Alcohol Abused lesson. You should now be able to:   * Identify effects of alcohol * Identify risks of alcohol use * Identify signs of alcohol abuse * Identify elements of the Navy’s policy on alcohol use |  |
| SLIDE 22 | **ADDITIONAL RESOURCES** |  |
|  | * **Centers for Disease Control (CDC) and Prevention** – Effects of Blood Alcohol Concentration (BAC). [www.cdc.gov](http://www.cdc.gov). * **HelpGuide** - Alcoholism and Alcohol Abuse: Signs, Symptoms, and Help for Drinking Problems. [www.helpguide.org](http://www.helpguide.org). * **National Alcohol and Substance Abuse Information Center**. 1-800-784-6776. * **National Institutes of Health (NIA) - National Institute on Alcohol Abuse and Alcoholism (NIAAA)**. [www.niaaa.nih.gov](http://www.niaaa.nih.gov). * **National Institutes of Health (NIA) - National Institute on Drug Abuse (NIDA). National Institutes of Health**. [www.drugabuse.gov](http://www.drugabuse.gov). * **Navy Drug and Alcohol Abuse Prevention (NADAP) Program** – [www.npc.navy.mil](http://www.npc.navy.mil). * **OPNAVINST 1700.16 Series** – Alcoholic Beverage Control * **OPNAVINST 5350.4 Series** – Navy Alcohol and Drug Abuse Prevention and Control |  |
| SLIDE 23 | **INQUIRIES OR SUGGESTIONS** |  |
|  | If you have any suggestions to improve this GMT lesson, or have any other GMT-related comments, please contact the GMT development team at:  gmt.distribution@navy.mil |  |